



Resident Birthdays

2/2 Lois W
2/10 Richard B
2/13 Rebecca M
2/19 Mary Ann C

Staff Birthdays

2/4 Lisa Meyers (Powerback)
2/7 Michelle Asaff
2/8 Peter Kangas
2/25 Bella LaCroix
2/26 Emily Edick (Glendale)

Resident Wedding Anniversaries

Jeanne and Earle S- 2/3

Staff Anniversaries

Kathleen LaCroix 2/21/2024 2 years
Shannon Hutchinson 2/28/2024 2 years
Michelle Asaff 2/28/2024 2 years



Dementia Support Group on the second Thursday of the month at 4pm, in the auditorium. For more information Contact Memory Care Director Bethany at 603-924-3691 ext. 207



With Valentine’s Day coming up, it seemed appropriate to write about love letters. People have been writing love letters since the beginning of written history. Perhaps the oldest surviving love letter comes from the Old Testament: The Song of Solomon, where the language is both romantic and explicit.

Johnny Cash was a great songwriter, but he was no slouch when it came to writing love letters either. Most famous love letters focus on the "honeymoon phase"—the wild, breathless excitement of new love. Cash’s letter is different because it was written after 26 years of marriage. He acknowledges the "boring" and "difficult" parts on June’s 65th birthday when he wrote this:

Happy Birthday Princess,

We get old and get used to each other. We think alike. We read each others minds. We know what the other wants without asking. Sometimes we irritate each other a little bit. Maybe sometimes take each other for granted.

But once in awhile, like today, I meditate on it and realize how lucky I am to share my life with the greatest woman I ever met. You still fascinate and inspire me. You influence me for the better. You’re the object of my desire, the #1 Earthly reason for my existence. I love you very much.

Happy Birthday Princess.

Many people find historical letters from poets like Keats to be a bit "too much" (e.g., "I cannot exist without you"). But when a man known for his rugged, stoic "Man in Black" persona writes, "You're the object of my desire, the #1 Earthly reason for my existence," it feels incredibly vulnerable and genuine.

**From the following list of 20 items,
count all the ones that you remember**

1. Soda-pop machines that dispensed bottles
2. Home milk delivery in glass bottles with cardboard stoppers
3. Party lines
4. Newsreels before the movie
5. P. F. Flyers
6. Butch wax
7. Telephone numbers with a word prefix (e.g., Olive - 6933)
8. Peashooters
9. Howdy Doody
10. 45-RPM records... and 78-RPM records
11. S&H Green Stamps
12. Hi-fi systems
13. Metal ice trays with lever
14. Mimeograph paper
15. Blue flashbulb
16. Packards
17. Rollerskate keys
18. Cork popguns
19. Studebakers
20. Washtub wringers

0 - 5 = You're still young
 6 - 10 = You are getting older
 11 - 15 = Don't tell your age
 16 - 25 = Seasoned!



Tax letters for 2025 are available to you upon request. These letters provide totals for rent, as well as any ancillary charges you may have had throughout the year. Please reach out to Robin with your request.

603-924-3691 ext. 203



Tai Chi for Beginners — seated/standing Tai Chi class for beginners and seniors are designed to be low-impact, accessible, and focused on improving physical and mental well-being. **Core Focus Areas**, Balance and Stability, Functional Strength, Mind-Body Connection and Energy Boosting. This class will be taking the place of the Stretch and Strengthen on Wednesday's.

Resident Volunteering Program

This is an internal program for community resident's to help other's. Some examples of activities to support: Scrabble, reading, writing letters, visiting one on one, baking, the buddy system with bingo cards and arts and crafts projects in Memory Care, gardening, and personal plant care, just to name a few. The volunteering sign up will be in the sign up book at the concierge desk, it will state the activity support needed, time and place. Just sign up and an activities representative will contact you with further details. This program will provide the ability to form friendships, learn about each other and offer the ability to share experiences.

Open Studio, formerly known as Art with Joanne is an open program of all forms of art making. Residents are welcome to come and work on any art project they have or would like guidance to learn.

UPCOMING EVENTS

- 2/2 Groundhog Day
- 2/5 Mardi Gras - Creole, Buffet Dinner
- 2/8 Super Bowl Party
- 2/12 Durable Power of Attorney—Presentation by Attorney Phil Runyan
- 2/13 Valentine's Day - Happy Hour
- 2/16 President's Day
- 2/17 Mardi Gras Party - Fat Tuesday
- 2/19 New Hampshire Telephone Museum - trivia & presentation
- 2/24 Arm Chair Travel - France
- 2/27 Men's Group Outing - Harlow's Pub

WELCOME ♥ HOME



Please welcome Kathie O'keefe, she come to Scott -Farrar from Leesburg, Virginia. Kathie and her family have a home here in Peterborough, where Kathie spent most of her childhood summers. The tradition has carried on through generations and is still in the family today. Kathie's interests and hobbies include English literature, history, politics, botany, making jams and pickles and gardening. Please give a warm welcome to Kathie.



Please welcome Ruth and Marty Wright, Ruth and Marty's from our home town of Peterborough. Ruth was the Assistant Director of advertising with Yankee Magazine and Marty was a Tree Farmer. Both enjoy a variety of activities to include, bible study, classical literature, walking, gardening, music. Ruth volunteered at The Peterborough Players. Please give a warm welcome to Ruth and Marty.



The history of Valentine's Day is a fascinating blend of ancient Roman ritual and early Christian legend. Many historians trace its roots to the pagan festival of **Lupercalia**, a mid-February celebration of fertility and purification where Roman priests sacrificed goats and used their hides to strike women, a gesture believed to encourage childbearing. By the end of the 5th century, Pope Gelasius I replaced these pagan rites with the Feast of Saint Valentine, named after at least one Christian martyr from the 3rd century. One popular legend tells of a priest named **Valentinus** who defied Emperor Claudius II's ban on marriage for young soldiers, performing secret weddings until he was eventually caught and executed on February 14th.

The holiday's transition from a somber religious feast to a celebration of romantic love occurred much later during the Middle Ages. The English poet **Geoffrey Chaucer** is often credited with first linking the day to romance in his 14th-century poem *Parliament of Fowls*, where he described February 14th as the day when birds choose their mates. This sparked a trend of "courtly love," where nobles exchanged handwritten love notes and poems. In the 1500's people started sending romantic or friendly greetings to one another on this day, calling them valentines. By the late 1700s, commercially printed cards were available. By the 18th and 19th centuries, the Industrial Revolution enabled the mass production of paper valentines, and icons like Cupid and heart shapes became permanent fixtures, transforming the day into the global commercial phenomenon of flowers, chocolates, and cards we recognize today.

HAPPY
Valentine's Day ♥



February is heart health month. Maintaining heart health is one of the most critical factors in determining both the quality and length of your life. In the United States, heart disease remains the most significant health challenge, standing as the leading cause of death for men, women, and people of most racial and ethnic groups. The scale of the issue is staggering: in 2022 alone, 1 in every 5 deaths in the U.S. was caused by heart disease. Because the heart acts as the central engine for every bodily function, its decline often leads to a cascade of other health complications.

A primary driver of this crisis is high blood pressure, often called a "silent killer" because it frequently has no obvious symptoms. Currently, nearly half of U.S. adults have high blood pressure, significantly increasing their risk for both heart disease and stroke. Despite the availability of treatments and lifestyle interventions, the management of this condition remains a major hurdle, as just 1 in 4 people with high blood pressure has it under control. Prioritizing heart health through regular screenings, a balanced diet, and exercise is vital to reversing these trends and ensuring the cardiovascular system can continue to support a long, active life.

Eat Well: Fruits and veggies, plus whole grains and lean proteins.

Stay Active: Do your best to do 150 minutes of moderate exercise per week. Strength training also helps your heart. Tuesday through Thursday we offer Stretch & Strengthen at 10am and on Wednesdays at 1:30 we offer Dancerzie for some cardio.

Sleep: Do the best you can do get between 7-9 hours of sleep per night.

Reduce Stress: Take part in meditation or yoga. We offer chair yoga Mondays at 9:45.

Interesting Facts About Some Former US Presidents:

George Washington (1789-1797): The first U.S. president and Revolutionary War hero was an enthusiastic dog breeder, particularly of hunting hounds, to which he gave names like "Sweet Lips" and "Drunkard."

John Adams (1797-1801): Adams and his wife, Abigail, exchanged more than 1,100 letters over the course of their lengthy relationship.

Andrew Jackson (1829-1837): Jackson once killed a man in a duel.

Abraham Lincoln (1861-1865): "Honest Abe," the tallest president at 6'4", may have had Marfan Syndrome, a genetic disorder that causes people to be very tall, thin and long limbed.

Andrew Johnson (1865-1869): Though one of the few presidents without a pet, Johnson apparently cared for a family of White House mice, which he called "the little fellows".

William Howard Taft (1909-1913): Famous for his corpulence, Taft was the first president to hurl the ceremonial first pitch at a Major League Baseball game.

Richard M. Nixon (1969-1974): Nixon became such a skillful poker player while stationed in the Solomon Islands during World War II that his winnings helped launch his political career upon his return to the United States.

Jimmy Carter (1977-1981): When his father died in 1953, Carter gave up his successful military career to move back to Georgia and work on their family's peanut farm.

Riddle Me This: He built a home at Monticello's crest. Which founding father did his best?